

GROWING TOMORROW'S CREATORS THROUGH MUSIC.



THE SPRINKLER

Hold one hand over an ear, elbow bent. Hold your other arm in front of you and wave it back and forth while spinning in a circle, like you are a sprinkler.



THE CHICKEN

Stand with your arms bent at the elbows, and move them up and down like you are flapping your feathery wings.



THE TWIST

Put one foot out, and then move it side to side (like you are squashing an imaginary bug). Get your arms involved, too and get twisting.



HOT POTATO

Just take your hands, make them into balls and move one on top of the other. You can also step your foot in time to the beat.



How can dance moves fuel your future?

When you engage with music, through dance moves, singing along or even just listening, you are engaging both hemispheres of your developing brain. So dancing to music can make every developing brain healthier and more powerful.

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